

Electronic Supplementary Figure S1 Cover Page

Article title: The Effect of Load and Volume Autoregulation on Muscular Strength and Hypertrophy: A Systematic Review and Meta-Analysis

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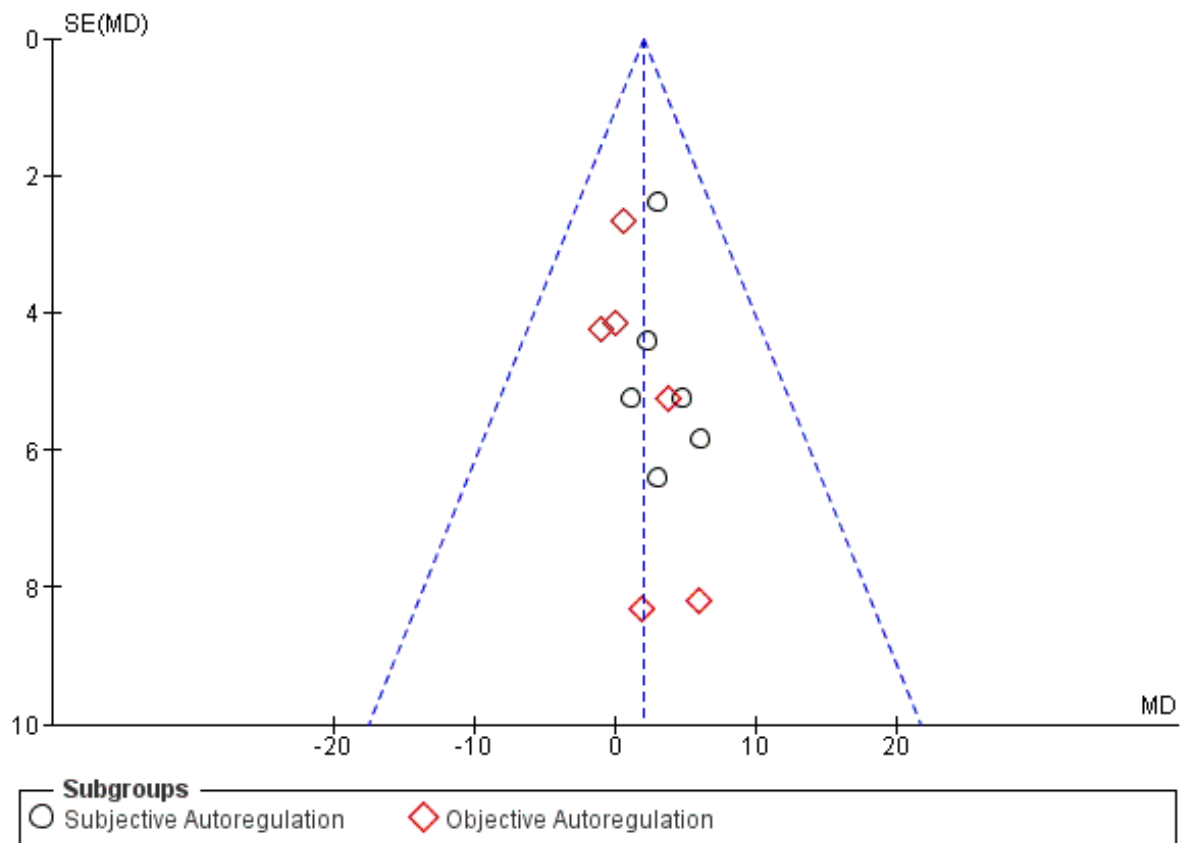
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Electronic Supplementary Figure S1 Funnel plot for fixed effects meta-analysis of the mean differences in one-repetition maximum strength adaptations comparing autoregulated to standardized load prescription with subgroup analysis comparing subjective to objective autoregulation. *MD* mean difference, *SE* standard error